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Naval Service Medical News (NSMN) (96-27)  
12 July 1996

Headline: "Frames of Choice" Give Sailors and Marines  
Choice

Jacksonville, FL--The "Frames of Choice" test at Jacksonville, FL, may be Sailors' and Marines' vision of the future.

Naval Hospital (NH) Jacksonville is coordinating a test program from 8 July to 30 September that will allow active duty Navy and Marine Corps members stationed in Florida at Naval Air Station (NAS) Jacksonville, NAS Cecil Field and Naval Station (NS) Mayport, and at Submarine Base Kings Bay, GA, a choice of several eyeglass frame designs rather than being issued the standard frames when they get their new glasses.

Traditionally, active duty members who are not aviators or submariners are issued standard heavy brown or black plastic framed glasses, which are affectionately known in the fleet as BCGs, short for "birth control" glasses. While durable and utilitarian, most Sailors and Marines will not wear them outside their work spaces. In many cases, they will not wear them at all.

"Frames of Choice" allows eyeglass wearers to choose among a number of styles, including aviator and submariner style frames as well as several other "civilian" frames.

CAPT Edward Grout, MSC, USN, NH Jacksonville's senior optometrist, is coordinating the test. He said that Sailors and Marines in the aviation and submarine communities will not be eligible to participate in the program since they already have more desirable frames available to them.

To get the test underway space had to be found for the glasses to be made locally. NAS Mayport provided a building for a detachment of personnel from the Naval Ophthalmic, Support and Training Activity (NOSTRA) in Yorktown, VA, to work in and provide what is expected to be thousands of pairs of eyeglasses for area Sailors and Marines.

Surveys will be completed by each Sailor and Marine who participates in the "Frames of Choice" test to determine which of the frames are most popular and should be offered to Sailors and Marines in the future.

By HM2 Teresa D. White, USN, NH Jacksonville Public Affairs  
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Headline: Navy Health Experts Attack Insects in Haiti  
Haiti--Insect experts from the Navy Disease Vector

Ecology and Control Center (NDVECC) in Jacksonville, FL spent almost two weeks in Haiti recently to help stamp out disease carrying bugs.

The entomologists, LCDR William H. Dees, MSC, USN; LT Mark G. Novak, MSC, USNR; and LT Eric R. Hoffman, MSC, USNR, and their preventative medicine technician, HM1 Phillip L. Boyd, USN, went as a part of U.S. Atlantic Command's Operation Fairwind '96. Their purpose was to train public health people and health care workers from community hospitals about how to control insects that are disease carriers.

The team particularly targeted mosquitoes that carry such debilitating diseases as dengue fever, filariasis (which causes severe swelling of the arms and legs) and malaria.

"We gave them training in sanitation practices to reduce pest infestations -- things like keeping food in tight containers, screening homes, cleaning up trash," said HM1 Boyd. "We also stressed how important it was not to have standing water around (their houses.)"

Standing water is a prime breeding ground for mosquitoes. Novak said they taught very basic, inexpensive, low-tech methods of disease control that all Haitians can use. They downplayed the use of pesticides.

The team trained about 178 people at two sites, who in turn will train others in disease control. Boyd estimates that this "train the trainer" program may impact as many as 115,000 Haitians.

The team was going to stay a full two weeks, but one day early because of the threat of Hurricane Bertha. By LCDR William W. Kanour Jr. MSC, USN, NSVECC Jacksonville  
-usn-

Headline: Mail Order Pharmacy Offered in Southeast U.S.

TRICARE Gulf South (NSMN)--As of 1 July, Eckerd's pharmacies will provide mail pharmacy and retail pharmacy services for eligible military health care beneficiaries within the TRICARE Gulf South region (Region 4).

Humana Military Healthcare Services, the TRICARE contractor for the southeastern United States, has contracted with Eckerd's to provide mail and retail pharmacy services for all beneficiaries, whether they are enrolled in TRICARE Prime, or participate in TRICARE Extra or Standard.

Under the mail delivery service pharmacy program, active duty family members pay a small fee of \$4 for a 90 day supply of prescription drugs. Retirees, their family members and other eligible beneficiaries pay \$8 for a 90 day supply.

Under the retail pharmacy service at Eckerd's, active duty family members pay \$5 for a 30 day supply of prescription medication. Retirees and their families pay \$9. Medicare eligible beneficiaries who previously relied on a pharmacy closed under the Base Realignment and Closure Commission process may also participate in both pharmacy programs. The fee schedule for them is the same as for

other retirees.

Eckerd's will provide these same services in TRICARE Southeast (Region 3) as of 1 November.

For more information, call the TRICARE information hotline for TRICARE Southeast and TRICARE Gulf South, 1-800-444-5445.

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Headline: Latex Allergies on the Upswing

Washington, DC (NSMN)--Latex gloves, long the first line of defense for health care professionals against contracting certain diseases, may, for a few people, be a health hazard.

Health care professionals are wearing latex gloves more often and for longer periods of time, with a corresponding increase in skin and other reactions.

These reactions may vary from a mild case of contact dermatitis to allergic contact dermatitis to immediate hypersensitivity that leads to the swollen airway and lowered blood pressure of anaphylactic shock.

The hypersensitivity, in some cases, can be so severe that even breathing the air where someone has taken off latex gloves can send a person into shock.

Gloves are not the only sources of latex to be aware of sports equipment, condoms, elastic in underwear, automobiles, and soles of shoes may also contain latex.

There are several organizations that can provide more information about latex allergies, including ALERT (Allergy Latex Education & Resource Team, Inc. at (414) 677-9707.

By CDR Frank A. Alamia, NC, USN, Head, Risk Management, Bureau of Medicine and Surgery

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Headline: Excellence in Military Medicine Nominees

Sought

Washington, DC (NSMN)--Commands and specialty leaders are encouraged to submit nominations for this year's Chairman of the Joint Chiefs of Staff Award for Excellence in Military Medicine.

This prestigious award was established in 1993 to recognize and honor military physicians. The winner receives a \$50,000 research grant and a plaque from the Zachary and Elizabeth Fisher Armed Forces Foundation, which established the award.

Nominees should be active duty physicians from Lieutenant through Commander who demonstrated excellence in scholarship, research, medical practice, and leadership potential.

Last year's recipient was CAPT Homer J. Moore Jr., MC, USN. He was presented the award by Chairman of the Joint Chiefs of Staff General John M. Shalikashvili, USA.

Deadline for nominations is 26 July.

For more information, contact LCDR Debra K. H. Smith, MSC, USN, Bureau of Medicine and Surgery, at (202) 762-3059, DSN: 7623059.

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Headline: Guam Achieves "Accreditation With Commendation"

Guam--The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) has awarded U.S. Naval Hospital (USNH) Guam "accreditation with commendation" as a result of their onsite inspection in December 1995.

USNH Guam received a score of 98 percent. "Accreditation with commendation" is the highest accreditation awarded by the JCAHO, with only six percent of all health care organizations inspected in the U.S. receiving it in 1994. In that same year, 11 percent of all DOD facilities inspected received this accreditation.

"Receiving 'accreditation with commendation' is a significant achievement, one that recognizes exemplary performance by Naval Hospital Guam," said Dennis O'Leary, M.D., joint commission president. "The organization should be commended for its commitment to providing quality care to the people in its community."

Formed in 1951, the JCAHO is dedicated improving the quality of the nation's health care through a voluntary accreditation program.

By CDR Vianna Witcher, NC, USN, U.S. Naval Hospital Guam -  
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Headline: "In and Out of Harm's Way" Launched by Navy Nurse Corps Assn.

Washington, DC (NSMN)--"In and Out of Harm's Way," a history of nurses in the U.S. Navy, is now available through the Navy Nurse Corps Association (NNCA).

The book, written and edited by retired Navy Nurse CAPT Doris M. Sterner, tells the story of the Nurse Corps through interviews with Navy nurses, historical research, and excerpts from personal and official correspondence. It also includes historical photographs.

Call NNCA at (306)675-9046 or e-mail [ctnnca@islander.whidbey.net](mailto:ctnnca@islander.whidbey.net) for more information.

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Headline: "Cradle of the Navy" Book on Sale

NTC San Diego--When Naval Training Center (NTC) San Diego closes next year, an era will come to an end. For more than 70 years, "boots" learned the basics of Navy life and lore at the training center, preparing hundreds of thousands of new recruits for the fleet.

To commemorate the closing, the staff is gathering photographs, other printed materials and stories for a publication that will chronicle NTC San Diego's history.

The publication, "Cradle of the Navy," will cost \$24.95 and will be available in December 1996. Call the NTC San Diego Morale, Welfare and Recreation Department at (619) 524-5468 for an order form or more information.

>From Naval Base San Diego Morale Welfare and Recreation. -

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Headline: TRICARE Question and Answer

Q. I'm a drilling Naval Reservist. Can my family and I take advantage of TRICARE?

A. No and yes. Unless you are going to be on active duty for more than 30 consecutive days, as a Reservist, you may not participate in TRICARE. Your Reserve Center has TRICARE information.

However, once you retire with more than 20 years of Reserve service, you may participate once you begin to draw full benefits at age 60. A reminder: almost all active duty or Reserve retired personnel who reach 65 can no longer participate in TRICARE. Instead, their option for non-private health care insurance is Medicare.

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Headline: Healthwatch: Summer Swimming Safety Tips

Washington, DC (AFPS)--As the summer heat draws more people to the pools and beaches, swimmers must use their heads for more than diving into the water. The American Red Cross cautions that there's always the possibilities of hazards in the water that can turn swimmer's summer dreams into nightmares.

"There are many good swimmers, but even the best can go beyond their abilities, especially when they tire," said Ann Stingle, a Red Cross spokesperson. She said swimmers need to know their limits.

Besides knowing swimming limits, Stingle said swimmers must never swim alone, especially on beaches and lakes.

"There are areas that may have drastic drop-offs and undertows," she said. "Some of these areas don't have life guards, and many have no warning signs of the dangers."

Other hints for a safe swimming season include:

- Never swim after drinking alcohol or using medication.
- Always check the water depth. Walk in from the shore or ease in from the dock or edge of the pool.
- Don't swim if you can't see the bottom of the pool in the deep end or if the water is cloudy.
- Stay close enough to the shore or the pool's edge so you can get to it safely by yourself.
- Watch out for the "dangerous too's" --too tired, too old, too far from safety, too much sun and too much exercise.
- Always keep an eye on young swimmers.
- Obey all lifeguard instructions and respect their judgment.
- Never fake an emergency.
- Learn the proper way to dive into water.
- Never eat or chew gum while swimming.
- Never rely on floating toys, air mattresses or arm bands to prevent drowning.
- Always keep a lifejacket near the beach, boat or

pool.

- Keep pool gates closed and locked when proper supervision is absent.

- Ensure all swimmers understand pool and beach rules-  
Do not run or push near pools

- Don't swim during thunderstorms.
- Never swim when ill.

For more information on swimming safety, contact your local safety office or American Red Cross Chapter.  
By MSGT Stephen Barrett, USA, American Forces Press Service  
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Feedback on this issue, inputs for the next issue, questions about distribution, and suggestions for improving naval service medical news are invited. Help us make nsnmn better. Contact Jan Davis, BUMED Public Affairs Office:

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